# Hearty Triple-Bean & Almond Waffles

*A bestseller-worthy breakfast packed with protein. Black, Mung, and Red Beans meet Almond flour for a crisp, nutritious start to your day.*

## Ingredients

### THE BEAN BASE

- 2 cups Black Beans
- 1 cup Mung Beans
- 1 cup Red Beans (Adzuki)

### THE WAFFLE BATTER

- All the cooked beans
- 2 cups Whole Wheat Flour
- 1 cup Almond Flour
- 1 cup Sesame Seeds
- 1 tbsp Cinnamon
- 2 tbsp Vanilla Extract
- 1 tsp Psyllium Husk Powder
- 1 large Egg
- 1 - 1.5 cups Almond Milk

**CHEF'S TIP:**

*Don't throw away the bean cooking water! It is nutrient-rich and excellent for watering your house plants.*

# Instructions

### STEP 1

Rinse the black, mung, and red beans thoroughly. Place them in a large bowl, cover generously with water, and let them soak overnight to soften.

### STEP 2

The next day, drain and rinse the beans. Transfer to a pot, cover with fresh water, and cook until tender. Drain well.

### STEP 3

In a blender, combine the cooked beans, flours, sesame seeds, spices, and egg. Blend while slowly adding almond milk until you achieve a thick, smooth batter consistency.

### STEP 4

Preheat your waffle maker and lightly grease the plates. Pour the batter onto the preheated iron and cook until crisp and golden brown.

### STEP 5

Carefully remove the cooked waffles. Serve them warm with your favorite toppings, such as fresh fruit, yogurt, or maple syrup.